Carmel Valley Sun

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CARRIER PRE-SORT

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December 11, 1985 — December 25, 1985

Photo by Debi Effron.

MEMO TO: Carmel Valley residents
FROM: Santa and Mrs. Claus
RE: Santa's Fly In

Thank you for the kind words and letters you sent us after our visit last year. We look forward to seeing you again this year on December 14. With the help of our long-time friend, Don Cummings, we will arrive at the Carmel Valley Airport at 11 a.m.

From the sound of it we all should have a whole lot of fun. We look forward to the parade, bands, raffle, storytelling and games. We plan on eating our share of the hot dogs, bagels and other goodies too.

Hope to see you all as we parade from the airport to the Community Center. All you kids get your lists ready because we're ready to listen to your Christmas wishes. The photographers are all lined up so we can have our picture taken with you too.

See you soon!

Santa and Mrs. Claus

LETTERS

Friendly Suggestion

On Tuesday, November 5, 1985, an interested audience of upwards of one hundred citizens witnessed a display of total disregard for their time and interests when a majority of the board of supervisors ignored their own scheduled calendar and decided to postpone their consideration and adoption of the Greater Salinas Area Plan, apparently on the pretext that one of their members (Del Piero) had to leave early to catch a plane to attend some other meeting!

Many of us in attendance had made expensive special arrangements to attend that meeting, and many of us were paying professionals enormous fees to represent us. But these facts didn't worry The Board since they draw their fat salaries (that they voted to pay themselves) regardless.

I have two suggestions that we citizens require of our employees, the Board of Supervisors:

1. If they can't cover their agenda in one meeting a week, they meet more often.

2. When for frivilous reasons they postpone an item already scheduled, they reimburse for attending citizens' expenses out of their own pockets.

Don Johnson
Salinas

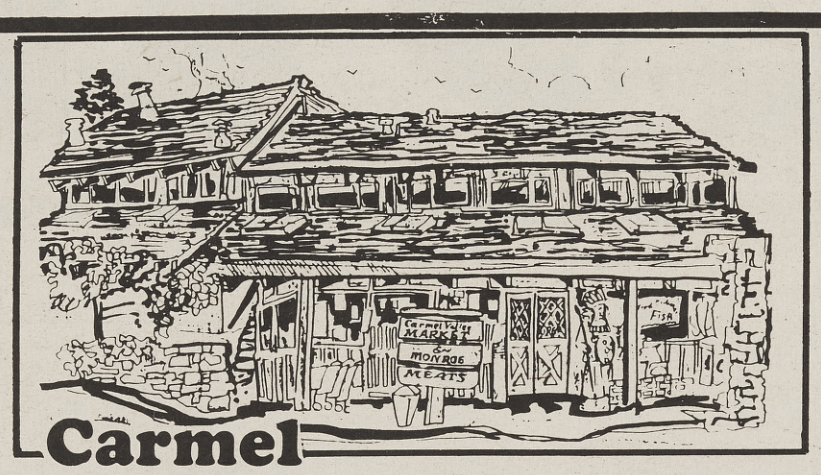
Seperate Entity

Thank you for the informative and thorough coverage of our Recovery Center in your Nov. 27 issue. You have done a real public service by informaing your readers of where to get help for themselves, a relative or friend involved in the disease of chemical dependency.

I would like to point out that the Recovery Center of the Monterey Peninsula, although operated by the not-for-profit Community Hospital Foundation, is a separate entity from Community Hospital. It is located at 576 Hartnell Street in Monterey and is a licensed, 55-bed recovery facility. Readers who want more information on the Recovery Center may call 373-0924 to talk with professional staff members.

Once again, congratulations and sincere thanks for a job well done. Keep up the good work!

Robert Miskimmon
Public Information Office



Carmel Valley Market
659-2472

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Sweaters • T-Shirts
Briefs • Socks

Grocery
Complete•Gourmet•Imported
Marmalades•Chutney

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• Fresh Daily

Liquor
Complete Line • Beer-Domestic & Imported
Wines from 18 Countries

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Ben Artellan, Manager
(formerly of Liquor Barn)

Randy Randazzo, Owner

Monday-Saturday 10-6

at
The Last Chance

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Boxes ★ Bows

The right place for last minute gifts or stocking stuffers

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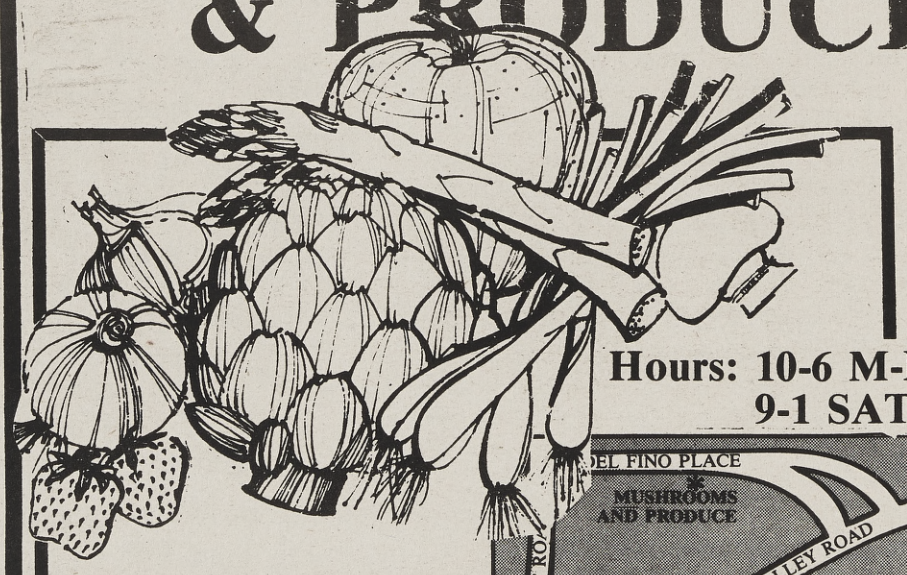
6 Carmel Valley Rd. (Across from White Oak Plaza)

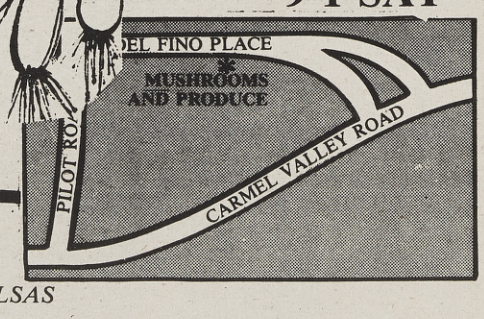
Happy Holidays!
Don't forget our healthy stocking stuffers
Closed December 25 & 26

WHOLESALE
RETAIL
659-5107
Denis Thush & Family

YOUR VALLEY GREEN GROCER
MUSHROOMS & PRODUCE



Hours: 10-6 M-F
9-1 SAT



PLAZA LINDA SALSA
—ALSO—
DAIRY AND SODA DRINKS
TRAIL MIXES, MRS. RENFRO'S SALSAS

8 DEL FINO PL CARMEL VALLEY VILLAGE

M-F 9:30-5
SAT 10-2
625-0210

PACIFIC FOTO EXPRESS

Santa Claus is coming
December 13, from 1:00 to 3:00 p.m.
December 20, from 1:00 to 3:00 p.m.
Free photos with Santa and Mrs. Claus.
Bring your film to be developed and receive free photos with Santa
ready when your roll of film is ready.
(Without film developing photo $2.50)

FAST PHOTO CENTER
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SAME DAY & OVERNIGHT SERVICE
MID-VALLEY SHOPPING CENTER
(Across from Carmel Travel)

A Christmas Quiz

1. When did the first mention of the Christmas celebration occur?
2. At what time did St. Nicholas become the popular symbol of gift giving?
3. How did the Christmas custom begin?
4. What happened to the Christmas custom during the Reformation of the 1500s?
5. When was the first Christmas card created?
6. When were the first Christmas cards manufactured in the United States?
7. When were most of the Christmas carols composed?
8. What is the name of the poem that begins "Twas the night before Christmas"?
9. What countries besides the U.S. recognize Santa Claus?
10. How did the Christmas tree develop?
11. When did Christmas trees first appear in the U.S.?
12. How did Santa get his present day image?
13. Can you name some Santa-like characters in other countries?
14. How did Santa Claus get his name?
15. Where did the custom of hanging stockings develop?

Answers:

1. A.D. 336 in an early Roman Calendar.
2. A.D 1100.
3. The celebration was influenced by pagan festivals held at the time. Ancient Romans held year end celebrations to honor Saturn, their harvest god, and Mathias, god of light. Various peoples in northern Europe had festivals in mid-December to celebrate the end of harvest season. As part of all celebrations people prepared special foods, decorated their homes with greenery and joined in singing and gift giving. These customs gradually became part of the Christmas celebration.
4. It was banned in England and some of the English Colonies in America because many Christians felt it was a pagan celebration.
5. 1843 by John Calcott Horsley, an English illustrator. It resembled a large postcard and showed a large family enjoying a Christmas celebration. The message read "Merry Christmas and a Happy New Year to You." About 1,000 of the cards were sold. By 1860 the custom of exchanging Christmas cards had spread throughout Great Britain.
6. 1875 made by Louis Prang, a German-born Boston printer.
7. During the 1800s, including "O Little Town of Bethlehem" and "Hark! The Herald Angels Sing." "Silent Night" was written on Christmas Eve 1818 by Joseph Mohr, an Austrian Priest. Franz Gruber, the organist of Mohr's church composed the music the same night and the carol was sung at midnight Mass. "Oh Holy Night," was introduced at midnight Mass 1847. Adolphe Adam, a French composer wrote the music.
8. "A Visit From St. Nicholas," written by Clement Moore, an American Scholar in 1823.
9. Canada and Australia. In Australia Santa arrives in the middle of summer.
10. They developed from medieval Germany from "Paradise Tree", a type of evergreen. The tree was decorated with red apples, fruits, nuts, lighted candles and paper roses. Later decorations included painted eggshells and various cookies and candles.
11. First U.S. trees were in the early 1800s by German settlers. The custom spread rapidly.
12. From Thomas Nast, an American cartoonist. Nast created a series of drawings of Santa for *Harper's Weekly Magazine* between 1863 and 1886.
13. St. Nicholas (Belgium, Netherlands, Austria and Hungary); Knecht Raprecht (Germany); Pere Noel (France) *The later is an elf-like character.*
14. From the children of English settlers. They had adopted the Dutch Christmas customs which included Sinterklass. The English children pronounced it so fast and excitedly it came out Santy Claus.
15. From European customs of leaving shoes with straw and carrots for St. Nicholas. The straw and carrots were replaced with presents.

Proposed Law Bans Welfare Lottery Winners

Assemblyman Eric Seastrand (R-29) has co-authored legislation that makes it illegal for any welfare recipient to collect any prize awarded by the California State Lottery.

"Such a law will act as a disincentive for welfare recipients to spend their grants on lottery tickets," stated Seastrand. "Welfare grants are intended for shelter, food and clothing for the recipients or their children and should only be spent for the intended purposes. It is the height of unfairness for the state to furnish dollars which are used to compete against citizens who are spending their own hard-earned money for lottery tickets."

Under the provisions of the legislation, it would also be illegal for any person to collect benefits on behalf of a welfare recipient.

Seastrand further stated that, "Violation of this legislation would automatically require any prize collected illegally by the welfare recipient or person acting on behalf of a welfare recipient to be forfeited."

Additionally, the bill allows for the imposition of a fine of up to fifty percent of the prize amount.

"It is hoped that this legislation will help to ensure that welfare grants are used properly," concluded Seastrand. Seastrand said he was spurred to act by well-publicized reports of welfare recipients collecting enormous winnings after purchasing large numbers of lottery tickets with their welfare money.

Teleconference Will Honor Five World Leaders For Peace Efforts

The people of Monterey County will join with people from around the world in an historic live teleconference of a five-continent space-bridge when six world leaders receive the 1985 Beyond War Award. The local down-link will be at the Monterey Conference Center, December 14 from 7:45 to 10 a.m.

Advance tickets are $8, students $5. For reservations call 373-2034 or 625-2529.

All Saints' Church Will Hold Advent Service

All Saints' Episcopal Church in Carmel will present a candelight Advent service on Sunday, December 22, at 5:30 p.m.

The traditional prophecies of the birth of Christ will be read by members of the congreation, and familiar and unfamiliar carols will be sung in the candelit church. Featured bass soloist will be Thomas Wilcox of Los Angeles. The service characterizes the restraint of the Advent season which foreshadows the coming of Christ but does not include the actual celebration of Christmas which begins on December 24th. The public is cordially invited.

Resource Center Will Hold Song Fest

The Carmel Valley Women's Resource Center will present the Christmas Song Fest on December 21 from 4 to 6 p.m. at Stew's Plumbing (Rosie's Cracker Barrel) on Esquiline Road.

Hot drinks and goodies will be served and Santa will be on hand for the Kiddies. There will also be prizes raffled off after the Song Fest.

Raffle tickets are on sale at the Oak Deli and the Women's Resource Center. Prizes include a cord of wood, a case of Durney Wine, Walt Disney posters and work by local artists.

Fire Departments To Assist Santa

The local fire departments will again help Santa when he makes one last check on boys and girls in the Valley on Christmas Eve.

The Fire Departments and Santa will visit the homes with a surprise for each child. They need the help of the parents, however, by providing an item (only one package per child) with the name, address, phone number and any special directions that might be helpful. (Please let Santa and his *reindeer* be the ones to deliver the big items or pets.)

For those living in the Carmel Valley Fire Protection District (Garland Park to Sleepy Hollow) items should be at the fire house no later than 3:30 p.m. Dec. 24. Deliveries will be made between 5 and 9 p.m.

For the Mid Valley area items should be at the fire house no later than 5 p.m. Dec. 23. Deliveries will be made between 3 and 5 p.m. on Dec. 24.

For Cachagua residents items can be dropped off at Prince's Camp, The Pack Station or given to one of the firemen before 3 p.m. Dec. 24. Deliveries will be made between 6 and 9 p.m. Directions for those in this area are particularly important since many homes are hard to find. Also note that the Cachagua Volunteers will again be providing Christmas Food Packages for needy families. Donations for this are gladly welcome.

Consignments by appointment

May we help you with your Christmas Shopping

Rags To Riches
Resale Clothing Shop
Women's & Teen Girl's

Used • New • Vintage
Fun Clothing & Accessories

Village Shopping Center
Carmel Valley 659-5581
(Next to Verde's Upholstery)

HIDDEN VALLEY BALLET
PROUDLY PRESENTS
Charles Dickens'

A hristmas arol

John Pasqualetti
Choreographer

A Favorite Story Told in Dance!
Fridays, Dec. 13 & 20, 8:00 p.m.
Saturdays, Dec. 14 & 21, 2:30 & 8:00 p.m.
Sundays, Dec. 15 & 22, 6:00 p.m

FOR TICKETS, PHONE 659-3115
HIDDEN VALLEY THEATRE, CARMEL VALLEY
Countrywide Crafts & How To Do Anything Bookstore, Carmel
Prim & Proper, Pacific Grove, Jim Gattis Menswear, Salinas

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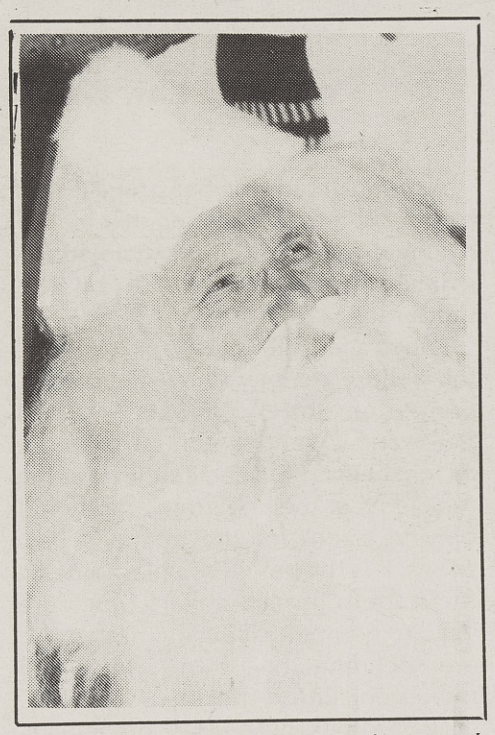
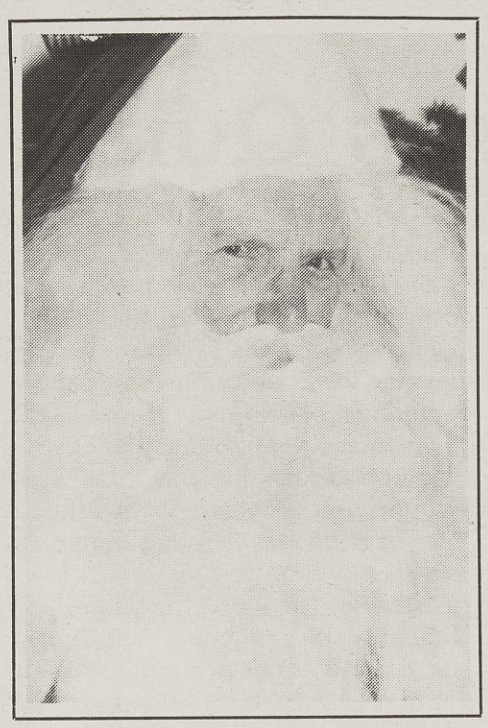


"When you been around as long as I have you tend to get a little opinionated."



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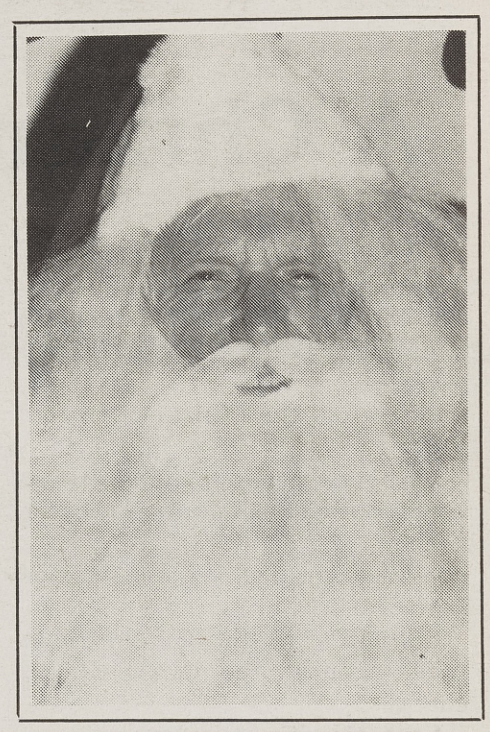

"I'll be around as long as someone believes in me."

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Debi Effron.....Photographer

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Jeff Frye.....Where There's Smoke
Sidney Reade
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Donna Hamilton.....Writer at Large
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Animal Issues.....Mary Tesoro
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Nancy's Kitchen.....Nancy Amato

Carmel Valley Sun

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The Cover

Santa and Mrs. Clause will again visit the Valley on December 14. Don't miss the fun!

At Home With Santa Claus

What could be more appropriate, for this time of year than an interview with good old Santa Claus. Setting up an interview with him, however, is not an easy task. He's not listed in the phone book, you know. And just try to find someone who admits knowing him personally. After a great deal of calling we did manage to set up an interview but God help us when we get the phone bill.

Not many flights are scheduled for the North Pole so making connections is rather difficult. If you don't want to travel by dog sled out of Alaska, then don't bother to go.

I arrived at Santa's Village with the help of a guide, half elf, half eskimo and there was no mistaking who lived there. Signs of reindeer were everywhere, and I'm not talking about hoof prints.

Santa and Mrs. Claus live in a quaint little house in the center of the village. Snow is piled high on their roof and one wonders that it doesn't cave in.

Once inside, the cold is left far behind. They are congenial hosts and you could tell by watching them that Santa didn't get the twinkle in his eye from the Aurora Borealis.

They plied me with an abundance of food and a peculiar concoction (served with a wink and "it's a specialty of the house. You won't find it anywhere else in the world"). Pleasantly sated we began the interview:

Sun: Let's begin with the obvious question Santa. Are your ready for Christmas this year?

Santa: As ready as I can be. Though you're never really ready until you load up the sleigh and take off. And then seems there's always something that goes wrong.

Sun: How many children will you be delivering toys to this year?

Santa: Hard to say. We update our lists right up to the last minute. We even have to make changes along the way you know. No such thing as zero population growth as far as I can see.

Sun: That sounds a bit opinionated Santa.

Santa: Well you been around as long as I have you tend to get a little opinionated.

Sun: Just how long have you been around?

Santa: Hundreds of years I reckon. Got started back in the 300's because of a Bishop named St. Nicholas. Seems he helped a nobleman's three daughters get married by throwing a bag of gold for each through their window to let people know that they now had a dowry. If you were a gal in those days no one would marry you unless you had a dowry. Because of St. Nick's gift the daughters were then able to marry. He became a legend as a man who brings gifts. I thought it was a good gimmick and I had a certain knack with magic so I picked up the ball and ran with it.

Sun: But his name was St. Nicholas. Why then do you go by the name Santa Claus?

Santa: In the early years the Dutch used to call me Sinterklass which really meant St. Nicholas. The children of the English settlers used to say it so quickly that it came out Santy Claus. It was a nick name I kind of liked so I kept it.

Sun: The descriptions I've read of St. Nicholas and you vary greatly. How do you explain the differences?

Santa: Age. Age has a way of catching up with you. I used to be a tall and thin. But with the years and the Mrs.' good cooking I've become slightly padded. Besides, it's good insulation against the cold.

Sun: Speaking of cold. Why do you live way up here in the north pole?

WHEN YOU NEED MEDICAL CARE
NOW...
A Family Place
Immediate Medical Care
•No Appointment Necessary
•Physician On Duty 8-8
14 Ford Road
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White Oak Plaza
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"And we're striving to serve you better."
★ Same Day Service
(If in by 11:00 a.m., out by 5:00 p.m.)
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Hor d'oeuvre Trays
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Serving in your home or location of your choice
Your Satisfaction is Our Success

Santa Interview Continued from page 4

Santa: Can you think of a better place to put a noisy toy factory with millions of toys, thousands of elves and hundreds of reindeer?

Sun: Yes, I saw signs of the deer when I arrived.

Santa: You shouldn't have. That's what we have thousands of elves for. (Laugh).

Actually I was just joking. The elves are more important than that.

Sun: What exactly is it they do then?

Santa: We have a lot of toys to produce each year and a lot of kids to keep track of. They help me get it all done. And you do know about the lists don't you?

Sun: Yes. The ones you make and check twice. Do the the elves do the checking?

Santa: No. The computers do. Have to keep up with technology you know. (Laughs). Computers can't go out and check to see if the kids are being naughty or nice though.

Sun: Oh. I see. The elves do that.

Santa: Yes.

Sun: What makes a kid "naughty" or "nice."

Santa: Depends on how old they are. (Laughs.)

No seriously. A kid has to be pretty bad to make our bad list. If they do, we put the elves to work on them and try to change them. If we can't change them by Christmas, well, the reindeer signs you saw coming in tend to disappear in heaps.

Sun: How did you get hooked up with the elves?

Santa: Union sent them. (Laughs).

Actually they were here when we moved here. Reindeer were here too.

Sun: When was that?

Santa: Guess it was sometime in the 1800s. That's when I gave up my long robe and took on this nifty fur suit the Mrs. made for me so I could keep warm. Got rid of my white horse then too. He didn't adapt to the climate.

Sun: How is it that the reindeer fly?

Santa: Actually I can't tell you. I haven't quite figured it out myself but I think it has something to do with the snow up here.

Sun: Can you tell us how you get down chimneys?

Santa: It's like anything. Over a period of time. You develop tricks of the trade. You should have seen me the first time I tried it though. Bet those people still wonder what happened to the top of their chimney.

Sun: How do you deliver the presents all in one night.

Santa: It helps to have a time difference from one side of the country to the other. Magic helps too.

Sun: You did say that you had a bit of magic in you.

Santa: Yes. I just lay my finger next to my nose and nod like this.

Sun: Santa. Santa. Would you come back now?

Santa: (Reappearing out of thin air.) Used to scare hell out of my mother when I was little.

Sun: You had a mother?

Santa: Sure. Everybody has a mother.

Sun: Tell us about her.

Santa: She's still around you know. Lives at the other end of the Village. Fiesty old gal. Helps us make all the clothes.

Sun: She's still around and you've been around for hundreds of years. To what do you owe your longevity?

Santa: Have you ever heard of anything spoiling in the deep freeze?

Sun: Seriously Santa.

Santa: Seriously. I'll be around as long as someone believes in me and that's what I owe my 'longevity,' to, as you put it.

Sun: What do you do when Christmas is over?

Santa: Everybody thinks this is a one day job but let me tell you, I'm lucky if I get a week off during the summer. Being Santa is fun but I do have to earn a living.

Sun: How do you do that.

Santa: Where do you think the toy manufacturers get their ideas?

Sun: When you do get time off what do you do.

Santa: Mostly I work on ideas for next year. But, occasionally me and the Mrs. travel. We don't like it much because we have to carry cash and that makes me nervous. I couldn't get an American Express card.

Sun: A well known figure like you couldn't get a charge card?

Santa: Yep. They turned down my application when I submitted it. Fella just laughed when I called to check on it. Same thing happened with Visa and MasterCard too.

Sun: This is my last question Santa. What are you going to bring me for Christmas?

Santa: Health, happiness and a Webster's Dictionary.

Sun: Why a dictionary.

Santa: I've been reading the *Sun* Debbie.

Applicants Needed For Fire Board And River Advisory Committee

Fifth District Supervisor Karin Strasser Kauffman is seeking qualified applicants for the Mid-Valley Fire Protection District Board of Directors and the Carmel River Advisory Committee.

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The Mid-Valley Fire Protection District is governed by a five member Board, each of whom is appointed for a 4 year term. Duties are legislative and involve formulation and adoption of policies for the operation of the Fire Department. The Board adopts reasonable district ordinances for the protection of life and property, approves the annual budget and all expenditures, and is responsible for hiring and firing all district personnel. The Board meets on the third Wednesday of each month at 8:30 a.m. at the Fire Station.

Applicants must reside within the Mid-Valley Fire Protection District.

•

The Carmel River Advisory Committee is charged with the development and administration of the Carmel River Management Program, which considers the maintenance and enhancement of the Carmel River and its riparian corridor. Efforts are focused on erosion control, revegatation and the preservation of wildlife habitat.

Regular meetings of the CRAC are held on the fourth Monday of each month at 10 a.m. at the Crossroads Community Room.

•

Anyone interested in serving on either the fire department Board or CRAC Committee should call 649-6515.

Voiriche

BY RESERVATION ONLY
659-3151

EXPERIENCE AN ELEGANT CHAMPAGNE BRUNCH AS YOU ENJOY A PANORAMIC VIEW OF CARMEL VALLEY HERE AT ROBLES DEL RIO LODGE. BRUNCH INCLUDES SUCH SPECIALTIES AS: FILET D'AGNEAU ROMARIN, CREOLE FILET MIGNON, EGGS BENEDICT, QUICHE AND GRAND MARNIER TRUFFLE CAKE.
(10% DISCOUNT PER PARTY WITH THIS AD)

DINNER: TUES.-SUN. 5:30-10:00
(OPENS TUES. NOV. 5th)
BRUNCH: SAT. & SUN. 9:30-2:00
LUNCH: TUES.-FRI. 11:30-2:30

LOCATION: TAKE HWY 1 TO CARMEL VALLEY RD., MAKE LEFT AND GO 12 MILES OUT CARMEL VALLEY RD. TO ESQUILINE (JUST PAST THE VILLAGE), MAKE RIGHT ON ESQUILINE AND GO OVER THREE LITTLE BRIDGES. AFTER THE THIRD LITTLE BRIDGE MAKE A SHARP RIGHT ON LOS OSITOS. GO UP LOS OSITOS TO THE LODGE WHICH IS ON THE RIGHT HAND SIDE OF THE ROAD.

Fresh Seafood
Our Specialty

From the Hyatt to the Double Tree to Old Fisherman's Grotto. Chef de Cuisine, Bill Nelson hoisted his own sails in Carmel Valley two years ago.

An extensive seafood menu awaits you, also featured are steaks, chicken and pasta. Vegetarian entrees are also available. ...and of course, everything is fresh!

Among our specialties, you'll enjoy...
California Cioppino • Coquille St. Jacques
Fresh Abalone • Bouillabase

Fine French and California Wines

Plan early for holiday parties... with our help!

Dinner Nightly from 5 • Closed Wed.

Family Owned & Operated By Bill & Elizabeth Nelson

Reservations Advised

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53 W. CARMEL VALLEY RD. • 659-3678
At the corner of Pilot Rd. in The Village

Crosswords PLUS

Edited by Stanley Newman
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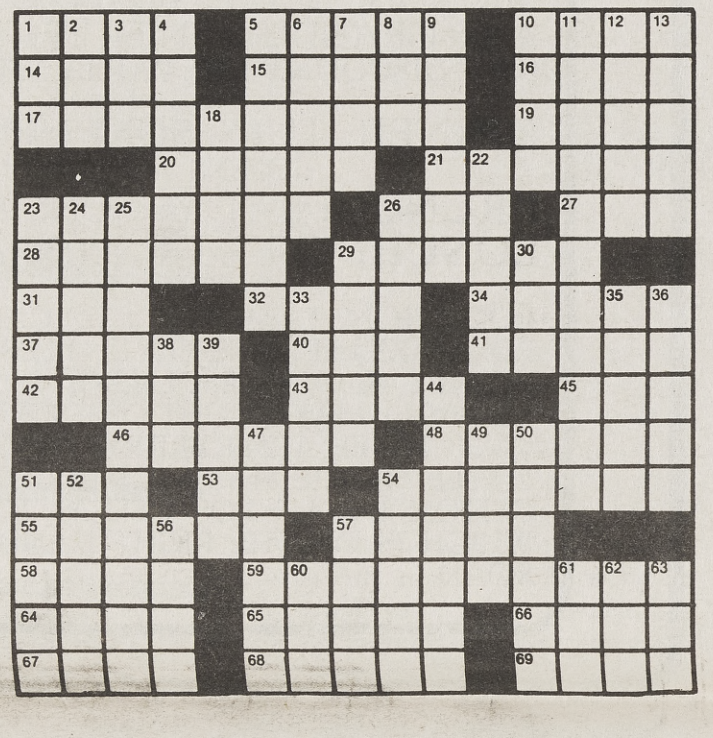
Past Tense, by William A. Hendricks

ACROSS

1 Seasonal poem's start
5 Cobbler's stock
10 Quizmaster Jack
14 *Hi Lili,* _____
15 It's often clear
16 Israeli airline
17 Past tense
19 Actor Ray
20 Dred Scott decider
21 Airhead
23 Scandinavian sea
26 Three before E
27 Chemical prefix
28 Bathroom, politely
29 German composer
31 Pedestaled vessel
32 Letter opener
34 Actress Sommer, and others
37 Heaters of a sort
40 Sault _____ Marie
41 Little fish
42 April-like
43 Lord's subject
45 Expected
46 *Song of* _____
48 Imply
51 Oriental roll
53 *Rocky* _____
54 Tot spot
55 Shakespeare specialty
57 Odin, Thor, and company
58 Vasco da _____
59 Past tense
64 All twenty-six
65 Roadside stop
66 Dunce cap, essentially
67 Cad
68 Atlanta University
69 Carpet meas.

DOWN

1 Uncomfortability scale: Abbr.
2 Pari-mutuel bet
3 Before king or carte
4 Tone down
5 Supplied sparingly
6 Slimes
7 Fond of doing nothing
8 Course for an immigrant: Abbr.
9 Offense to the nose
10 Straight
11 Past tense
12 Plant root
13 Cash for Walesa
18 Pushed the doorbell
22 Runs in neutral
23 More down
24 Heart line?
25 Past tense
26 Showing more skin
29 British buddy
30 Tree
33 Try at Versailles
35 Slip past
36 Dutch painter
38 _____-win situation
39 Half the U.A.R., once
44 Heedless of the facts
47 "_____ luck!"
49 Refuge
50 Cahn's contribution
51 Mystery writer's award
52 Persona non _____
54 Never-Never kid
56 Freeways, to a tourist
57 About
60 _____ Kippur
61 Chicken, in some dish names
62 Whichever
63 Took by the hand



Personality Types to Be Discussed At Friends Of C.G. Jung Meeting

What is your personality type? That's the question participants will find answers to at the next meeting of the Monterey Peninsula Friends of C.G. Jung on Friday, December 13, at 7 p.m., All Saints' Church, Ninth and Dolores, Carmel.

The public is invited to what the "Friends" describe as "A guided tour of basic terms and theory" to get acquainted with C.G. Jung's theory of personality. "Knowing your personality type can help clarify fuzzy thinking about stress, relationship, and carer/job problems," declared Joseph Pagano, a member of the "Friends." He continued, "In the process of the evening's program, each person will be able to identify the type of behavior he or she prefers, and then discover which of the 16 type categories best describes that preference. It'll be fun, and we expect that all of us will learn something about ourselves that we didn't know before!"

Also on the agenda is the formation of two coteries for *Centerpoint,* the leaderless, self-selecting group process of learning and experiencing Jung's psychological ideas.

The "Friends of C.G. Jung" are a group of people who are finding mutual support while enlarging their knowledge of compatible psychological insights. They feel that applications of those insights to their everyday lives are helped by open discussions with others. For further information, call (408) 649-8809; or write to 853 Pacific Street, Monterey, Ca 93940.

Recreation And Park Board Will Meet Dec. 11

The Board of Directors of the Carmel Valley Recreation and Park District will hold their regular meeting on December 11 at 7 p.m. in the Activity House.

The meeting is open to the public.

CVPOA Will Meet Dec. 11

The Carmel Valley Property Owners Association Board of Directors will meet on Wednesday, December 11 at 7:30 p.m. at the St. Dunstan's Episcopal Church on Robinson Canyon Road.

Items on the agenda include committee reports on waste water, land use, bylaws and the nominations for directors and officers. Also to be discussed are plans for the January general membership meeting.

Chamber Luncheon Will Feature Tax Controversy

Anne B. Marshall, member of the law firm of Elworthy & Marshall, Mid Carmel Valley, will be the guest speaker at the monthly general membership luncheon meeting of the Carmel Valley Chamber of Commerce on Thursday, December 12, at the Carmel Valley Inn at 12 Noon. Ms. Marshall's topic will be "Handling a Tax Controversy."

Ann B. Marshall received her law degree from Yale Law School. She has practiced tax law for almost nine years, and is a Certified Tax Specialist, one of the very few in Monterey County.

Prior to opening her practice here over two years ago with husband Bruce Elworthy, Ms. Marshall practiced with the law firms of Pettit & Martin and also with the law firm of Bronson, Bronson, and McKinnon, both in San Francisco. Prior, she practiced with the firm of Bracewell & Patterson in Houston, Texas.

Reservations are required and may be made through the Chamber office.

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Ferguson And Ruttenberg Grant Applications Are Available From Friends Of Photography

The Friends of Photography has announced that guidelines for the 1986 Ferguson Grant and the 1986 Ruttenberg Fellowship will be available in January 1986. Applications for the Ferguson Grant will be accepted between April 1 and April 15. Applications for the Ruttenberg Fellowhip will be accepted between May 1 and May 15. A brochure containing guidelines for both awards and specific requirements for shipping and packing may be obtained by writing to Grants, The Friends of Photogrpahy, P.O. Box 500, Carmel, CA 93921. A stamped, self-addressed, business-letter envelope must be included with all requests.

The Ferguson Grant is a $2,000 cash award presented each year by The Friends of Photography to a photographer who has demonstrated excellence in and commitment to the field of creative photography. It is the purpose of the grant to assist in the professional and artistic growth of the recipient.

The Ruttenberg Fellowhip, initiated in 1982, is designed to support a specific photographic project and to assist in the creative development of the recipient. The $2,000 cash award was established through a grant from the Ruttenberg Arts Foundation of Chicago.

Qualifications for the Ferguson Grant and Ruttenberg Fellowship are defined specifically in the guidelines brochure.

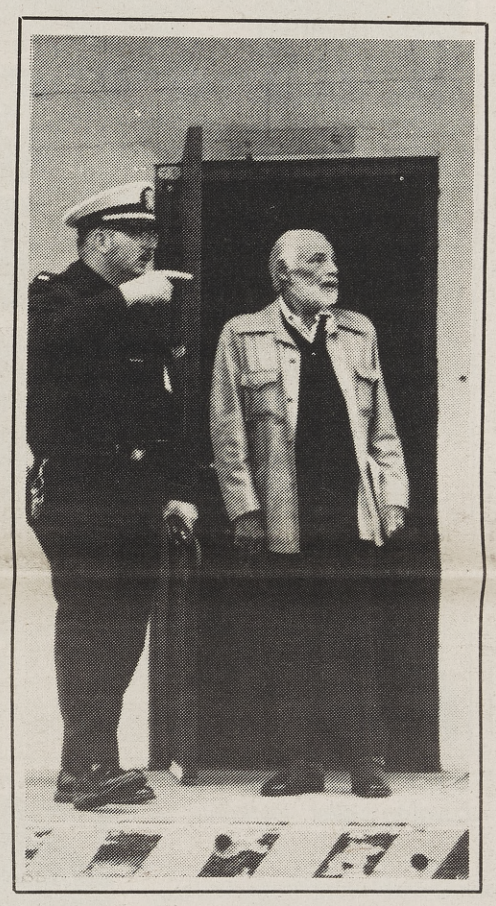
Red Cross Gets New Disaster Site

The Carmel By the Sea Chapter of the American Red Cross has obtained permission to use a building at the Naval Facility at Pt. Sur as a shelter and command post in the event of a disaster in that area. Establishing such shelter agreements is a crucial part of the Red Cross Disaster Relief Planning.

By their very nature disasters are unpredictable. A shelter site's usefulness may be affected by the disaster causing obstructions, inacessability, structural damage or further threat. The Naval Facility at Pt. Sur gives the Red Cross a total of five shelter sites along the Big Sur coastline. Other sites include the Grange Hall, Cooper School, Pacific Valley School and the CalTrans Willow Springs maintenance station.

The arrangements for the Pt. Sur Naval Facility were made through the efforts of Congressman Leon Panetta and through contacts made with the Comanding Officer at the Naval Facility at Ferndale, CA, and Lt. J.G. Bill Schultz the Officer in Charge at Pt. Sur.

Designated shelters are announced immediately following a disaster and will be staffed by Shelter Managers, Nursing Services, mass feeding workers and necessary supplies.



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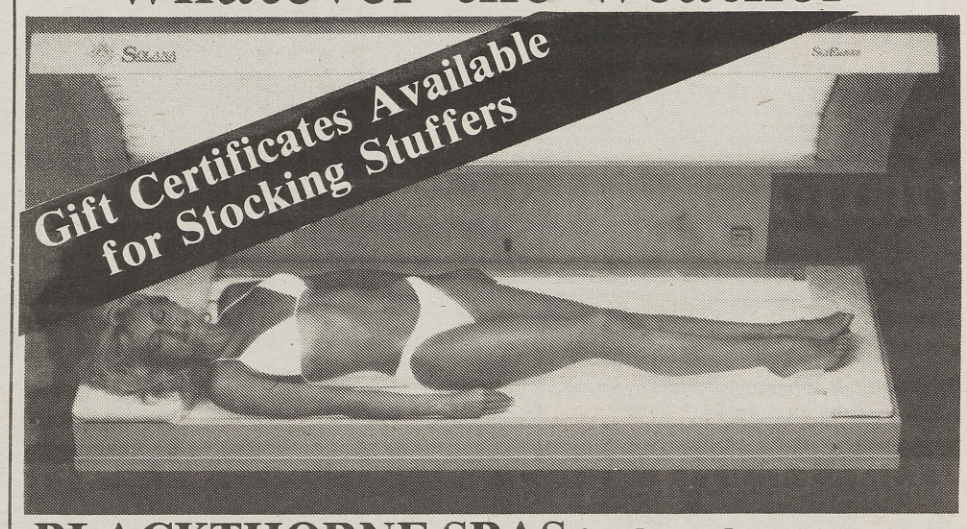

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ENTERTAINMENT

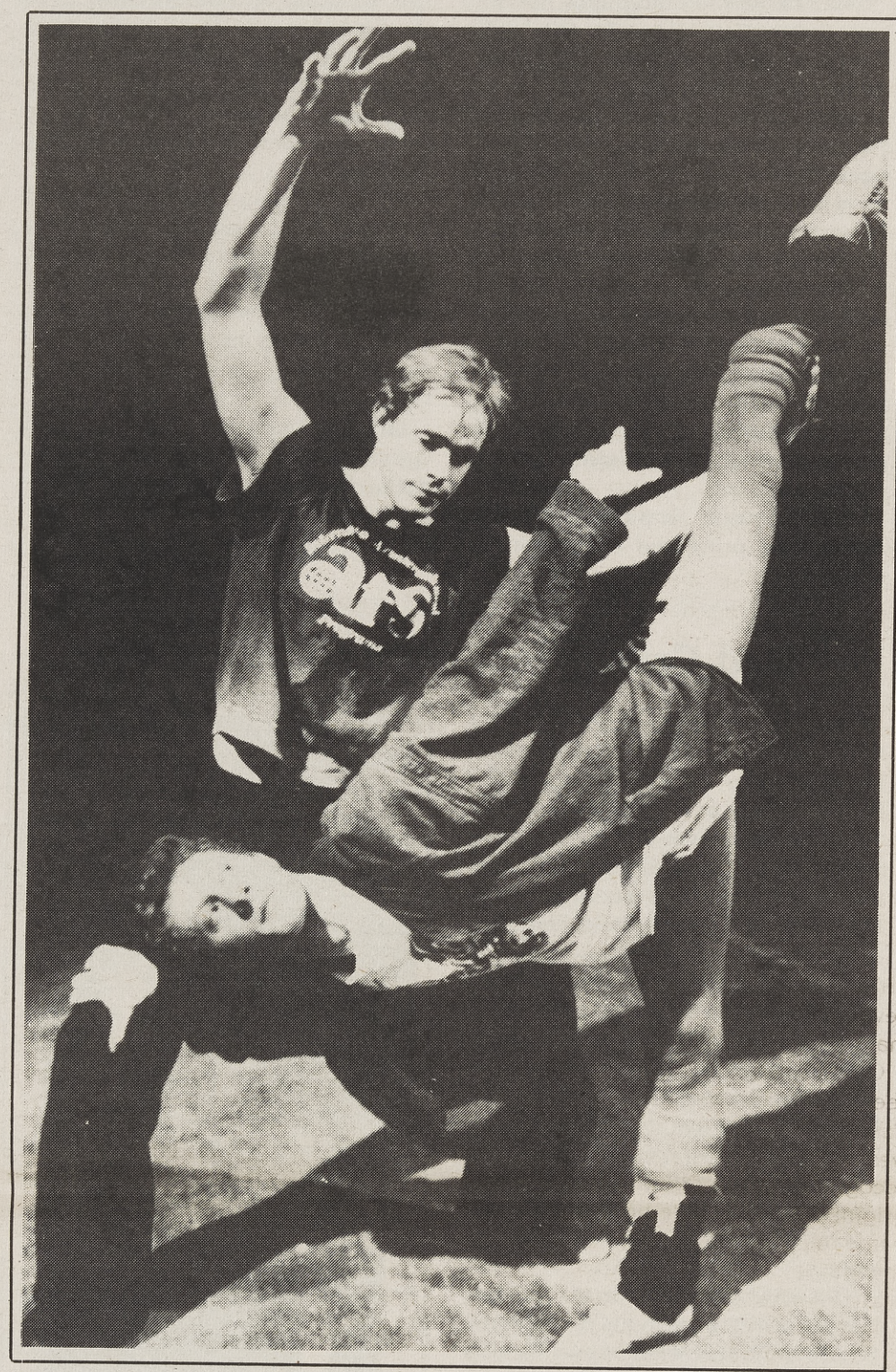
Hidden Valley To Present Dickens Classic In Ballet

A ballet version of Charles Dickens' *A Christmas Carol* will be presented by the Hidden Valley Dance Division, December 13, 14, 15, 20, 21 and 22. This new approach to the holiday classic features both professional dancers and students. The ballet will be performed in the round, with the young people portraying the sets and props. Imagination takes a delightful flight with children becoming doors, hallways and door knockers.

Three alternating narrators will tell the story in Dickens' own words, excerpted from the book. Larry Delinger, of Denver, composed the music for *A Christmas Carol* using a small ensemble of strings, bassoon, percussion and piano.

Victorian style costumes have been designed by John Pasqualetti, Hidden Valley Artistic Director and choreogrpaher for this production. The guest artists are John Norris, as Bob Cratchit and Mr. Fezziwig, and Bruce Wood as Scrooge. Mr. Norris has choreographed productions for Houston Opera and has had principal roles in Los Angeles and Colorado Ballet productions. Bruce Wood is a principal dancer in Les Grandes Ballet Jazz de Montreal. Hidden Valley Dance Instructor Louise Frazer will dance the parts of Belle and Scrooge's niece. Virgie Bell and Stuart Smith, both of the Hidden Valley Dance Program, are also featured in the ballet. Twenty-one young people from the Hidden Valley Dance Program, ranging in age from eight to sixteen years, complete the cast.

A Christmas Carol will be presented at Hidden Valley Theatre, Carmel Valley Road at Ford Road, on Friday Dec. 13, at 8 p.m.; Saturday, Dec. 14 at 2:30 p.m. and 8 p.m.; and Sunday Dec. 15 at 6 p.m. Performances are also scheduled for the following weekend on Friday Dec. 20 at 8 p.m.; Saturday, Dec. 21 at 2:30 p.m. and 8 p.m.; ad Sunday Dec. 22 at 6 p.m. Admission is $8 for adults and $5 for children twelve and under. for tickets, call 659-3115.



Bruce Wood (front) and Stuart Smith (back) in rehearsal for Hidden Valley's upcoming ballet, Dickens' "A Christmas Carol."

Singing Boys Choir Of San Francisco Will Make Only Peninsula Appearance At Quail Lodge

The Singing Boys of San Francisco Bay, a popular choral group that has entertained audiences throughout the world will make its only Monterey Peninsula performance at the Quail Lodge in a benefit dinner on Sunday, December 22.

The performance, sponsored by Quail Lodge and KMST-TV, will be accompanied by a five-course "Old English Christmas Feast," consisting of several traditional holiday dishes. Tickets for the dinner/show, which begins at 6:30 p.m. are $75 per person. All proceeds go to the Hospice of the Monterey Peninsula.

For more information call Liz DeBartolo at 624-1581.

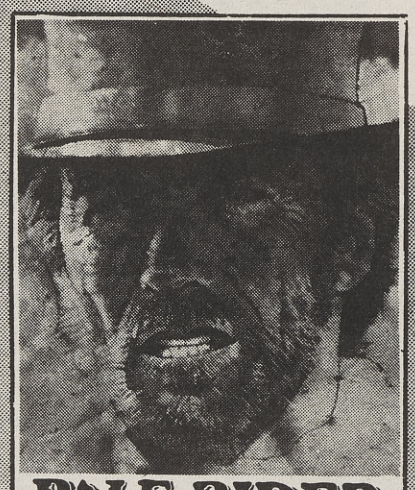
Special Service Will Feature California Bach Society

The California Bach Society will join the All Saints' Epscopal Church choir for a special musical service on Sunday, December 15 at 10 a.m..

The service will include *This is the Record of John* by Orlando Gibbons and *Zion Hears* by Johann Sebastian Bach. In addition, the joint choirs, together with the congregation, will sing the People's Mass of John Merbecke.

The public is invited to attend.

(Members Only) $1.50 Movies (With Coupon Book)



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KNIGHT MOVES

VIDEO VIEWS

Courtesy of Valley Video
by Jim Greenan

Fandango, Secret Admirer, Porky's I and *II, Gotcha, Risky Business* and *Sixteen Candles* are all examples of a fairly recent trend in film making that has to do with plots, stories and situations that star young people. The surprising thing about these movies is that they—on the whole—are suprisingly good.

Part of the reason for the general quality of these films is a whole raft of young actors and actresses. Sean Penn, Timothy Hutton, Judd Nelson, Daphne Zuniga, Molly Ringwald among many more, all have talent and display it well in most of the current offerings.

Turk 182 is one of the most recent releases starring a hot young actor. Timothy Hutton leads this comedy-drama about a young man who takes on the powers at city hall when his fireman brother is injured on duty and the city, Hutton feels, is not doing right by him. Hutton as Jimmy Lynch challenges the city power structure by going to the streets with brains, wit and words. Backed by fine support from Robert Culp, Darren McGaven and Peter Boyle, *Turk 182* is another strong effort for Hutton, one of the brightest of the rising young stars. It's new and good on the video cassette market.

On the adult side, this month will see the release of Clint Eastwood in *Pale Rider* returning to the classic western that brought his first fame and recognition. *Pale Rider* is biblical in origin: "Behold a pale horse; and his name that sat on him was Death..." Of the four horsemen of the Apocolypse: War, Famine, Pestilence and Death, only Death rides a pale horse.

In classic fashion, Clint Eastwood, as the enigmatic stranger, appears and the bad guys (**the** forces of evil) are in for a hostile time. Eastwood, on the pale horse, projects to chilling perfection the inexorable and inevitable nature of his character as the pale rider. We know not why he is, what he is, or why he does. He, like death, just is. R-rated; this is Eastwood's best film in some time.

If you are a Chevy Chase fan—and it may surprise you to know that not everyone is— his hot movie, *Fletch,* will be on the video store shelves by the time you read this. With a December cassette release timed to hit the Christmas season, this is a successful comedy about an investigative reporter. In the movie, Chase, in his hunt for hot stories for his newspaper, changes his identity the way you and I change socks. Chase is variously Gordon Liddy, an aircraft mechanic, insurance investigator, Harry S. Truman and Igor Stravinsky, real estate investor—also, Mr. Poon, the man from the SEC and John Cocktoasten, country club member. This device and Chase's comic touch make the film a sure winner. A good one for the holidays!

You fans of horror have a treat in store. *Creature* was nominated for best horror film of 1984 by the Academy of Science Fiction, Fantasy and Horror Films. Special effects are by Doug Beswick, who did the outstanding work in *Star Wars and The Empire Strikes Back.* With these credentials, *Creature* should be a good one.

Laurie Stanley, new owner of Valley Video had the honor of presenting a new VCR to raffle winner Kim Newman. Kim said she entered the contest three times but her winning ticket was her first entry. Her ticket said "Kim Newman really wants this." Guess it pays to say what you want.

Middle School Will Host Sports Award Potluck

The Carmel Middle School will hold a Potluck Supper & Awards Sports Banquet on Wednesday, December 11 from 6-8 p.m. at the Middle School Cafeteria.

The event is a wind up supper for the volleyball teams, soccer team and football team. There will be 19 trophies for achievements including most valuable player. Every participant will receive a sports ribbon.

The evening will also feature a raffle with proceeds going toward the 8th grade graduation. Among the raffle items are a basketball, soccer ball, jar of candy canes and sports bag.

Organizing the event is Deanna Prieto.

Friends and family members are invited to attend.

Holiday Music Will Be Featured At Winter Concert

Holiday music will be presented at the Winter Concert at the Carmel Middle School December 18 from 7-8 p.m. at the Middle School Gym. The public *is invited to attend.*

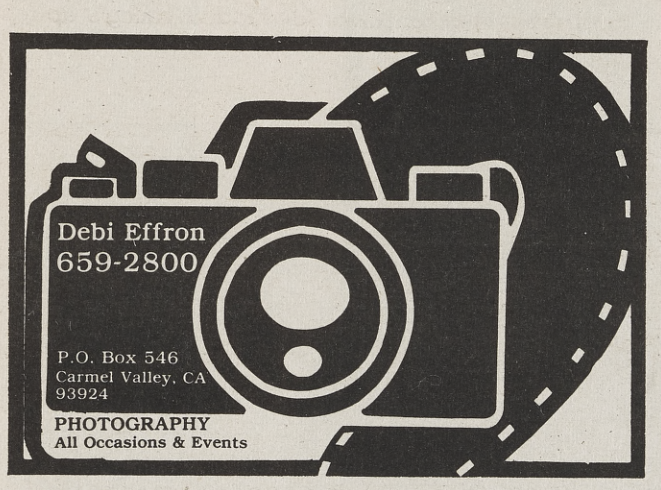
Featured will be the music of the CMS Band, Orchestra and Chorus followed by a sing-a-long. Mrs. Karen King is the Music Director.

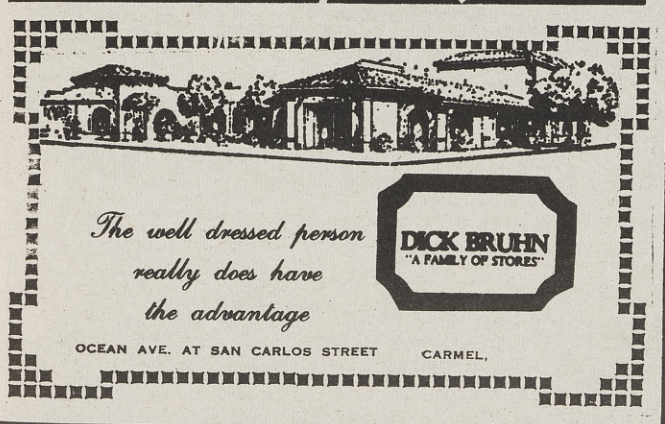
There will be short readings by students in the Language Arts Dept. under the direction of Dr. Jo Brazell. Decorations will be murals by Mr. Tom Williams' Art Class.

Refreshments will include holiday *punch, coffee, cookies and breads.*

There will also be a "surprise' guest reports Liz Snow, publicity director for CMS.

This annual event is being organized by Sharon Carey, coordinator for the CMS Parent Faculty Club.





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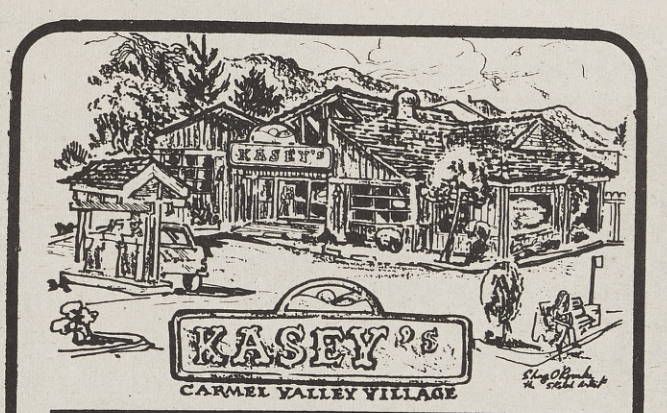

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BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

Chamber members are still talking about our October and November Mixers. You will recall that the October Mixer took place at Monterey Savings/Coast Federal Savings & Loan, and was hosted by JIM CHINN, the organization's genial manager. JIM's October Mixer has become an annual tradition for the Chamber, and all who attended were delighted as usual.

The November Mixer took place at Stonepine, and our host there was DIRK OLDENBURG, Stonepine's talented manager. The tables were a cornucopia of goodies, and all who braved the rainy weather to attend were well rewarded.

Again, a very special thanks from the members of the Carmel Valley Chamber of Commerce to JIM CHINN and DIRK OLDENBURG.

•

KATHIE MC CRARY tells us that the Village Business Service (Oak Building, Carmel Valley Village) is offering Christmas Cards and stationery now. KATHIE suggests that custom stamps, letterheads, and business cards make great gifts for those hard-to-please folks on your Christmas list.

•

Speaking of Christmas shopping, don't forget to drop by the IN & OUTDOOR SHOP in White Oak Plaza, Carmel Valley Village. There, you will find a beautiful assortment of crystal stemware, Angora gloves and throws from Scotland, sweaters, silk dresses, and some beautiful music boxes. HELEN RYU will be there to help you choose.

•

Valley Video is now under new ownership...LAURIE STANLEY and JIM GREENAN have taken over the business from MILT and JANET Stein. The two new owners are doing their best to stock films that are appealing to all. We wish LAURIE and JIM good luck in their new venture.

•

MELISSA TAYLOR (Wells Fargo Bank, Carmel Center) and PAUL BROCCHINI (The Pewter Shop) are putting together a bang-up Membership Drive for the week of January 13-17, 1986. In the Village area, JO LOMANTO (Bank of America, Carmel Valley) will head a team of members who will seek new Chamber members. This will be an energy-intensive week for Chamber members, but it is hoped that by the time it is over, the Chamber will have gathered a goodly number of new members into its fold.

•

As we reported last time, Christmas Decoration Contest time is here again! If you wouldd like to be judged, please call the Chamber office at 659-4000. As you know, the contest is limited to those areas that lie within the boundaries of the Carmel Valley Chamber's "District," and prizes will be awarded in both the business and residential category. Decorations must be on the outside of the home or clearly visible from the outside; business decorations must be in the window or outside of the individual business. Don't delay—December 15 (deadline for entries) is fast approaching, and you wouldn't want to miss out.

•

On December 19, there will be a meeting of the newly elected Directors and the presently sitting Board of Directors at 5:30 p.m. at the Valley Lodge. Some community minded persons will emerge from this meeting as the 1986 officers of the Carmel Valley Chamber. Who? I have no idea, but we have a fine roster of Directors, and anyone chosen to lead the Chamber in 1986 will be highly qualified for the job.

•

Speaking of Chamber officers, some good news from LOIS LAMAR. She is recovering nicely from back surgery. LOIS still feels discomfort, but every day finds her feeling better. She is hoping to be able to attend the December 19th Member Christmas Party at Valley Lodge, hosted by SHERI and PETER COAKLEY. If LOIS is well enough to attend, certainly everyone will be delighted to see her again. She has been sorely missed at meetings and Chamber events. We are so delighted that things are going so well for this very special woman.

We would be remiss not to thank first vice president STEVE AUSTIN for doing such a great job of pinch-hitting for LOIS. STEVE has been a gracious and efficient host in the president's absence. Thanks from all fo us, STEVE.

•

'til next time

Health Food Store Gets New Owner

by Grace Darcy

Wendy Jones has sold the Carmel Valley Natural Food Store in Village Center. The new owner is Mary Edwards, who came to this area from Elyria, Ohio, where she lived for 23 years.

Mary is no newcomer to the world of nutrition. She managed a health food store in Elyria for nine years, and holds several degrees in nutrition. She is a nutritional consultant as well as a vitamin consultant, and also trained in iridology under Dr. Bernard Jensen, although she does not practice in this field. She holds a certificate from Dr. Richard Talbott's nutritional center in Palm Springs, CA, and has completed courses in metabolic therapeutic nutrition in Michigan, and has a Human Nutrition Degree from the International Nutrition Institute.

Mary Edwards, her husband, Don, and their daughter, Nancy, followed older children Patti, Donna, and Don, Jr. to California. They are glad they came. Nancy helps her mother in the store and is learning all about California. Don, Jr. will do the bookkeeping for Carmel Valley Natural Foods, and will help in the store on Sundays. Don, Sr. is retired, and will help when and where needed.

Mary is particularly excited about her new granddaughter, Kristen, 2½ months old. Kristin is Don, Jr.'s little girl and, according to Mary, "a health food baby all the way."

The Edwards family is delighted to be in California. "I knew the area was beautiful and that the people were just as beautiful, so we decided to come here," Mary said of Carmel Valley.

What changes will Mary Edwards make in the Carmel Valley Natural Food Store? Very few, at least for the present. "Everything will be the same as it was when Wendy owned the store," Mary said.

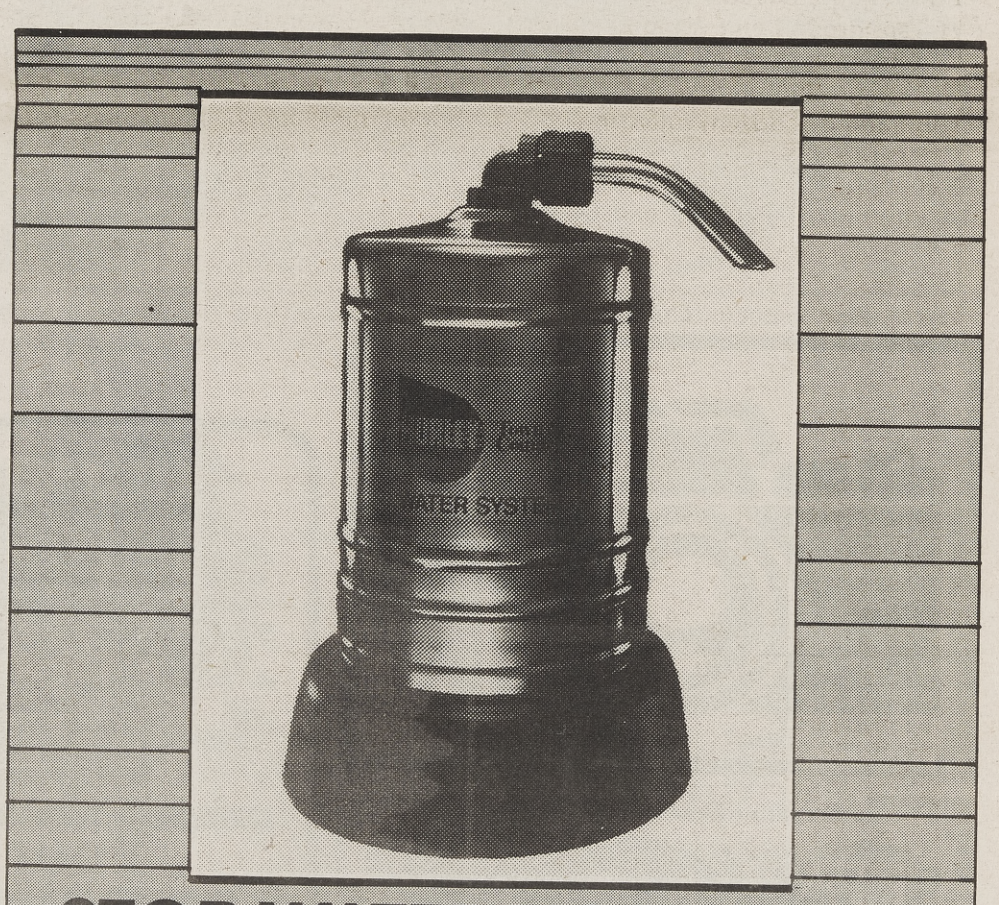
A confimed user of things natural, Mary explained that "Mother Nature is our best and only supplier—the closer we stay to her precepts, the better off we are."

Staff at the store will be slightly altered, of course. Katie Briggs and Elizabeth Carlson will remain, and Nancy Edwards will also work in the store. Mary will be there herself most of the time.

One of the advantages Mary sees to working here is that it is easier to obtain some of the products here than it was in Ohio. "In Ohio, many items had to be freighted from this area; now, they are near at hand—fresher, less expensive," Mary said.

As Mary Edwards takes over the task of keeping Valley residents healthy, what about Wendy Jones? Wendy and her new husband, Corbett Riley, will soon leave for the Bay area

Continued on page 11



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Persimmons

These brilliant orange fruit with smooth skin that we get from October almost until Christmas are easy to spot in the markets because of their glowing color. There are two kinds of cultivated persimmon, the bright orange type, slightly pointed at one end, which is the leading variety, and the flatter Japanese persimmon.

In many areas of this country you also find tiny native persimmons growing wild that are gathered when they are dead-ripe and fall from the tree. Although there is nothing more lusciously sweet than the flesh of persimmons, they should not be eaten until they are yieldingly soft and ripe, which is something you can't tell by the color of the skin, only by the touch. An unripe persimmon is very astringent and mouth-puckering. While I am hopelessly addicted to eating persimmons just as they are, you can make them into a superb pudding, sherbet or ice cream.

Persimmon Pudding

1 Tbsp. butter, softened, plus 2 Tbsp. butter, melted and cooled.
1 cup unsifted flour
1 Tsp. baking soda
½ Tsp. ground cinnamon
½ Tsp. ground ginger
¼ Tsp. ground nutmeg
1 lb. (about 2 dozen) fully ripe persimmons
1 cup sugar
½ cup milk
1 Tsp. vanilla extract
½ cup seedless raisins
½ cup heavy cream, chilled and whipped

Preheat the oven to 350°. With a pastry brush spread the tablespoon of softened butter evenly over the bottom and sides of a 1-quart souffle dish.

Combine the flour, soda, cinnamon, ginger and nutmeg, and sift them together onto a plate or a sheet of waxed paper. Set aside.

With a sharp knife, cut the persimmons into quarters and pick out the seeds. Puree the fruit with a Cuisinart or rub through a course sieve with the back of a spoon. You will need about 1 cup of pureed persimmons.

Add the sugar to the puree and mix well with a wooden spoon. Stir in about ½ cup of the flour mixture and, when it is thoroughly incorporated add ¼ cup of the milk, beating well after each addition. Add the 2 tablespoons of melted, cooled butter, the vanilla and raisins.

Pour the batter into the buttered souffle dish, spreading it evenly with a rubber spatula.

Bake in the middle of the oven for 50 to 60 minutes, or until the pudding begins to shrink away from the sides of the dish and a cake texture or toothpick inserted in the center comes out clean.

Serve the persimmon pudding at once, directly from the baking dish. Spoon the whipped cream into a serving bowl and present it separately.

New Natural Food Owners Continued from page 10

where Corbett will commence studies at Palmer Chiropractic School-West. Both Wendy and Corbett are excited about his chosen calling, and Wendy plans to work in sales once the pair are settled.

We welcome the Edwards Family to Carmel Valley Village, and wish Wendy and Corbett Godspeed as they close the door on one phase of their lives and open another.

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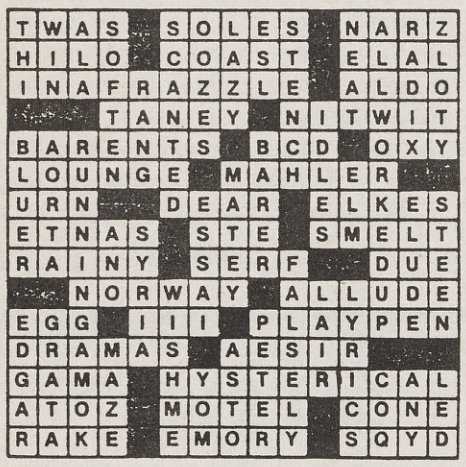

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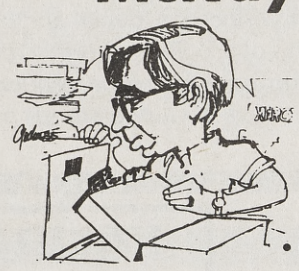
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EYE-deas

Drs. Irving and Kim Hartford

What are spots? Spots (or floaters, as they are sometimes called) are usually clouded or semi-opaque specks or particles within the eye that are seen in the field of vision.

Can they affect persons of all ages? Yes. Many people see spots at one time or another. As one becomes older, changes are more likely to occur in the eyes which cause spots that can be of a more serious nature or cause the usual spots to be more noticeable.

What causes spots? The eyes are filled with fluid to maintain shape, supply nutrition and aid in focusing light. Often, particles of protein or other natural materials are left floating or suspended in this fluid when the formation of the eye is completed before birth. If the particles are large enough or close together enough, they cast shadows which make them visible. This is particularly true when nearsightedness occurs or becomes more severe. In most cases, this is normal, but spots can also be caused by certain injuries, eye disease or deterioration of eye fluid or its surrounding structures.

What do spots look like? This varies greatly among individuals. Some are only slightly noticeable, while others may be quite disturbing when they drift in the field of vision. Often they appear as dust-like particles, cobwebs or thread-like strands. They can also appear as dim or dark areas, or showers of brilliant crystals. Since spots move as the eye moves, they dart away when the patient tries to look directly at them.

How are they detected? Spots can often be detected during a complete eye examination. By looking inside the eye with a lighted instrument (opthalmoscope), the doctor can often detect spots before the patient becomes aware of them. If the spots indicate disease or other problems, the patient wll be referred to the appropriate health care practitioner.

Can these spots cause blindness? Most spots are normal and rarely cause blindness. But, since spots can be indication of more serious problems, patients seeing spots should have a complete vision examination to determine the cause.

Can spots be prevented? Since the particles causing spots are generally a normal development of the formation of the eye, they cannot be prevented.

HELP YOUR HEART

American Heart Association

ASR

Families Are Important To Stroke Victims

Part II in a three part series

Millions of families have been touched—perhaps disrupted—by stroke.

But if a stroke victim survives, the family is far from helpless to influence recovery, according to Robert G. Van Horne, M.D., President of the Central Mission Trails Chapter of the American Heart Association.

It's often harder for family members to deal with the patient's depression and negative personality changes than it is understand and accept that "Dad can't talk" or "Mom can't tie her shoes".

Therapy can deal directly with physical problems, such as paralysis on one side of the body, loss or slurring of speech, or loss or impairment of vision. But psychological problems may be much harder to reach.

"Emotional distress, especially anxiety, frustration and depression, are common problems after stroke," according to Dr. Van Horne. "Other difficulties include overdependence on others, inflexible and rigid thinking, impatience, irritability, impulsiveness, denial and lack of awareness of problems, insensitivity to others and poor social perception.

Families need to understand that brain damage is responsible for these emotional reactions, and that the patient has no more control over them than over physical functions impaired by the stroke.

Types of behavior changes depend on which side of the brain was injured by the stroke, according to Dr. Van Horne, a Salinas Cardiologist.

Victims with left brain damage, which affects the right side of the body, often have difficulties with speech and language. They also tend to be cautious, anxious and disorganized when attempting a new task.

Right brain damage, affecting the left side of the body, tends to diminish the ability to judge distances, size, position, rate of movement, form and the relation of parts to the whole. Patients tend to say they can do things they actually can't. They may also be impulsive or careless.

But according to Dr. Van Horne, for every type of injury to the thought process, therapists and families may find ways to compensate.

"For example, patients with left brain damage may be able to learn other forms of ccommunication to replace speech, such as pantomime and demonstration," he said. "Messages for patients with left brain damage should be brief and simple. Tasks such as getting dressed would be divided into simple steps."

Many stroke patients have what are called visual field cuts. It's like wearing goggles with tape across half of each lens. Stroke patients may not hear or see you if you speak to them from the impaired side. They may also read only parts of words, or eat food from half the plate.

Often, stroke patients suffer certain memory losses. They may be able to describe in great detail an old friend or a past event, but they may not remember what they had for breakfast or the name of the new neighbors. They may learn how to make a safe transfer from the bed to the wheelchair at the hospital, but forget the process when they try it in new surroundings at home.

But there are ways to help a stroke

Continued on page 13

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PEOPLE ARE READING

News from the Carmel Valley Library

1. *Heaven* — V.C. Andrews
2. *Lucky* — Jackie Collins
3. *How Sweet It Is* — James Bacon
4. *Texas* — James Michener
5. *Fit for Life* — Harvey & Marilyn Diamond
6. *Lays of Belleriand* — Tolkien
7. *Barbara Streisand* — Considine
   sand — Considine
8. *Masters of Atlantis* — Portis
9. *Two of a Kind* — O'Brien
10. *According to Mark* — Lively
11. *The Rattle-rat* — Van der Wetering
12. *The Postman* — Brin
13. *The Other Side of the Moon* — Morley
14. *The Warning* — Granville
15. *Charles & Diana* — Martin
16. *The Hour Magazine* — Collins
17. *The Vampire Lestat* — Rice
18. *The Diet That Let's You Cheat* — David Bachman
19. *Handel* — Christopher Hogwood
20. *The W.E.T. Workout* — Jane Katz
21. *The Calcium-Requirement Cookbook* —Joanne Ness
22. *the Whims of Fortune* — Guy de Rothschild
23. *Testament to the Bushmen* — Van de Post
24. *A Soldier's Legacy* — Heinrich Boll
25. *Women & Appletrees* — Martinson
26. *Recombinations* — Perri Klass
27. *Silverthorn* — Raymond Feist
28. *Death on Widow's Walk* — L. Grant-Adamson

Library Seeking Volunteers For Film Series

Community volunteers to help with the monthly Film Series at the Carmel Valley Library are being sought by the Friends of the Library, according to President Ken Yost.

The Series, until recently, has been well attended over the last five years, but will have to be discontinued unless an interested film buff will come forward as chairman, Yost said.

Duties include choosing the films from catalogs, ordering, publicity, running the projector and transporting the film to and from Monterey.

Anyone interested in any of these jobs and or a committee should call the Library at 659-2377.

Stroke Victims Continued from page 12

victim "regain" memory. One way is to establish a routine quickly and to write down the steps of regular tasks so they can refer to them readily. A reference book with names of friends, addresses, appointments and other tips can help prepare for each day.

Stroke paitents may not be able to judge when to do the right thing at the right time. A previously neat person may become sloppy and seem to care little about appearance. The shy patient may become immodest and aggressive or the quiet patient may become noisy. Patients also seem to lose emotional control.

"These problems are often annoying to others," said Dr. Van Horne. "Because they annoy and are not well understood, it is easy to incorrectly imply there is an emotional or psychological problem."

For patients who lose their "social judgement," constant coaching, not nagging, and reinforcement of proper behavior are appropriate.

Although a stroke patient certainly has reason to be depressed, often excessive crying is due to brain damage, not emotions. Usually crying, laughter, flares of anger and moaning that can be stopped when you call the patient's name or snap your fingers are the result of brain injury. If the patient seems to have little control over the outbursts, interrupting the behavior may help avoid embarrassing and fatiguing activity.

Most experts agree that families have a tendency to become overprotective or overindulgent. This is more common than the other extremes of family behavior—ignoring patients or forcing them to do more than they can.

"Show love and care for patients while encouraging them to do as much as possible for themselves," Dr. Van Horne said. "Two out of every three stroke patients have a good chance of being independent again if the family supports them and helps them to do as much as possible for themselves."

For free pamphlets on stroke, please call your local American Heart Association at 372-0485, 688-7272 or 757-6221.

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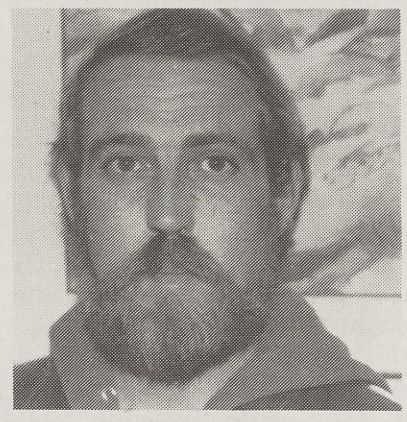

STEW'S PLUMBING

helpful home hints

1 Esquiline Rd./Carmel Valley/659-2411

Hello again! As promised, we are going to discuss your forced air furnace now.

To begin, here is how a typical system works; your thermostat calls for heat, this sends a signal to the furnace, and if the built-in safety device says o.k., the main burner will come on. After the furnace heats up, a control will turn on the fan, and voila! heat is supplied out of your registers to keep you warm with the least amount of energy.

Although many Carmel Valley homes don't have the following, your system needs them to operate efficiently.

1. Clean filters. The number one cause of furnace burn-out, and, subsequent replacement which is expensive.

2. On older furnaces, the fan needs to be oiled once a year, and the fan belts need to be checked and adjusted. Newer furnaces have permanently lubricated fans.

3. The following items should be checked periodically: furnace safety controls, heat out-put, thermostat calibration and duct work.

4. On furnaces over ten years old, have the heat exchanger checked for cracks. If a crack has developed, carbon monoxide is pumped into the living quarters by the fan which can result in serious health problems and even death.

5. All duct work should be insulated, and there should be a return air line from the house to the furnace which should also be insulated. Although common, this particular oversight could cost you 15 to 25% of your heating dollar if not insulated.

6. If you smell gas, or suspect carbon monoxide in your home, you can call PG&E to check it out for you free of charge. This is a service you already pay for through your utility bills. If you have any doubts about a possible gas leak, call 375-9811.

Stew's offers a full line of service as well as emergency calls on plumbing, heating, refrigeration, and appliances. We'd also be happy to answer any questions you may have—speaking of which, here is a question for the day:

Q) ''Last issue, you said there was 'no such thing as cold'. Why, then, is there freon in my refrigerator?''

A) Your refrigerator's job is to take the heat inside and move it to where it is least objectionable. Certain substances transfer heat better than others, and freon 12 (used in refrigerators) is the most efficient for food storage under the conditions in which it must operate.

Send any questions you would like answered to: HOME HINTS, c/o Stew's Plumbing, 1 Esquiline Road, Carmel Valley, CA 93924.

Next time, we'll talk about energy saving devices.

Dave Sweatt

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WHERE THERE'S SMOKE

Holiday Safety Tips

During the Holiday season our schedules are full of shopping and errands, cooking, wrapping, decorating, parties, traveling and family. The holidays are a time for fun, festivities, sharing and caring. However, statistics show that the holidays prove to be a very dangerous time for us as well.

Fire and life safety need to become second nature to us, in everything we do. That includes preparing for and celebrating the holidays.

CHRISTMAS TREES & DECORATIONS

A fresh tree will stay green longer and be less of a fire hazard than a dry tree. To check for freshness, remember: 1) a fresh tree is green; 2) needles are hard to pull from branches; 3) when bent between your fingers, fresh needles do not break; 4) the trunk butt of a fresh tree is sticky with resin; 5) when the trunk of a tree is bounced on the ground, a shower of falling needles shows that the tree is too dry.

Place the tree carefully, away from fireplaces, portable heaters or other heat sources. See that it is out of the way of traffic and doesn't block doorways. Cut off about 2 inches of the trunk. Mount tree in a sturdy water holding stand with wide-spread legs. Fasten large tree to walls or ceiling with thin guy wires. Fill base holder with water. Keep it full of water while the tree is indoors. Remember, heated rooms dry trees out rapidly, creating fire hazards.

Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

Lights for indoor or outdoor use should have the UL label. This means they have been tested for safety. Check each set of lights, old or new, for broken or cracked sockets, frayed or bare wires, loose connections. Discard damaged sets or repair them before using. Check labels of outdoor lights to see that lights are weatherproof. Don't use indoor lights outside and vice-versa. Fasten outdoor lights securly to trees, house walls or other firm support to protect from wind damage. Use no more than 3 sets of lights per single extension cord. Turn off all lights and other decorations when you go to bed or leave the house. Lights could short out and start a fire.

Never use electric lights on a metallic tree. Although safe when used according to manufacturers' directions, metallic trees can become charged with electricity from faulty lights. Then any person touching a branch could receive an electrical shock. One way to avoid this danger is to use colored spotlights above or beside the tree.

Never use lighted candles on a tree or near other evergreens. Always use non-flammable candle holders. Keep candles away from other decorations and wrapping paper. Place candles where they cannot be knocked down or blown over.

When trimming the tree, use only non-combustible or flame retardant materials. In homes with small children, avoid decorations that are sharp or breakable. Keep trimmings with small removeable parts out of the reach of children. Pieces could be swallowed or inhaled. Avoid trimmings that resemble candy or food. A child might eat them.

Before lighting a fire in the fireplace or wood stove, remove all greens, boughs, papers and other decorations from fireplace area. Keep a screen before the fireplace while the fire is burning. Remove all wrapping papers from tree and fireplace areas immediately after presents are opened. Place papers in a trash can. Don't burn them in the fireplace.

IN GENERAL

Keep matches, lighters and candles out of the reach of children. Avoid smoking near flammable decorations. Make an emergency plan to use if a fire breaks out anywhere in the house. See that each family member knows what to do. Avoid wearing loose flowing clothes, especially long, open sleeves, near open flames of a fireplace, stove or candlelit table.

Know your emergency phone numbers (911) in the event of an emergency.

From the fire department staff, have a very happy and safe holiday!

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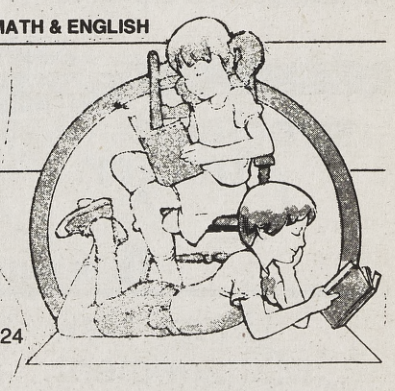

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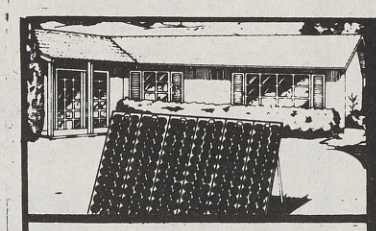

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COMMUNITY CENTER REPORT

by Louise Riddell-Kaufman

There is a new smiling face at the C.V. Community Youth Center. It belongs to the new director of the Before and After School Recreation Program, Georgina Wall.

Georgina began work on November 18 on a part-time basis. She worked side by side with the director, Cindy Swartwout, for a week and a half to help make a smooth transition. Monday, December 2, was Gerogina's first full day and the first day she was the director by herself. Inspite of the rain, the day went very well. Both the staff and the children are making a smooth transition from working under Cindy's wonderful direction to what appears to be an equally wonderful director in Georgina.

Georgina was raised in Brooklyn New York. She received her Bachelor of Science from St. John's University and her teaching certification from the State of New York. (Inspite of her background, Gerogina does not have a New York accent!)

Her experiential background is varied. It includes work within a school classroom, mainstreaming "special" children into regular kindergarten classes, as well as holding classes in a hotel for children that had to be relocated because of a fire. What stands out in the range of her experiences is Georgina's ability to work in any setting with any child.

The Walls lived in Marina 4 years ago for a 2 year period. They then moved to Texas so Georgina's husband, a captain in the army, could enter a masters program. They are back on the Peninsula for his residency and do not anticipate moving when the residency is completed in two years.

Georgina and her husband belong to a Hobie Cat sailing fleet. They love to ski in the winter, when the weather is too cold for sailing. Georgina also does stained glass work.

When asked about her ideas for the Before and After School Program, Georgina said she likes the basic structure of the program and does not plan on making any changes right away. She feels it is important to maintain a consistent program to continue to ease the transition. In the future, Georgina would like to add more art activities in general, especially during the morning hours. Her attention is also on the older children in the progrmam whose interests have outgrown some of the activities.

After watching Georgina work with the children and then speaking with her for an hour, I came to my own conclusions. Inspite of the sadness at seeing Cindy Swartwout leave the program to go back to school, the C.V. community is very lucky to have Georgina Wall caring for our children. We welcome her and look forward to getting to know her better.

A Winner, Second Time Out

Coleen Powell of Carmel Valley on her horse Orphan Lad won the 14-15 age-group and the Overall Junior Novice Division at the Ram Tap Horse Trials September 28-December 1. Competing against a field of seventy, it was only their second novice three-day event competition.

Despite the torrential rains that plagued the event Coleen's dressage score of −33.6 was the lowest in her division; she went clean in both cross country and stadium jumping.

Coleen trains at the Pebble Beach Equestrian Center with Bea DiGrazia and Janice Burke.

Chapel Friends To Gather To Decorate

Saturday morning, December 14th, beginning at 8:30 a.m., members and friends of the Carmel Valley Community Chapel will gather to decorate the Sanctuary with evergreens, candles and other holdiay decor. Children will help make ornaments for the Christmas tree, besides decorating the "Church Float" for the annual Santa's Fly-In at the Carmel Valley airport! A light breakfast of rolls, fruit and beverages will be served' the public is invited. For more information, call The Rev. Anne Swallow or The Rev. Jon-Paul Beaudoin at the Chapel office, 659-2278 on weekday mornings.

THOUGHTS

by Illia Thompson

Sunday morning. My usually uniformed 10 year old son complained that he had outgrown his summer clothes, that he needed new ones. Shopping with him can be an ordeal; our ideas on appropriate attire can differ. Anyway, Sunday at the mall had not entered my fantasy of the perfect weekend.

Remembering my mother's gift to me, a clothing allowance to match my age (In those days, eleven dollars could buy a nice outfit), I said, "Why don't you buy yourself some?" After disbelief on his part turned to excitement, I took him and a friend to the mall, gave him an allowance ten times his age, instructed him to buy shoes, pants, shirt, lunch, and bus fare home.

Enjoying a quiet day, aware of possibilities ranging from the purchase of one outlandish item with all the cash to an economics lesson with many gifts, I stayed within earshot of the phone. It rang. "It's been wonderful! I bought everything and I still have money left. Can I buy a turtle?" "Yes, as an early Christmas present." I said, reassured that all was well.

They arrived home on the last bus. My son was exhilerated. Displaying each purchase proudly, including a narrative describing its selection, my son had a captivated audience, his two parents. shoes, half the price of the pair with a special label (an absolute necessity when we bought school sneakers together). Shirt, sweat pants, both on sale, and jeans that only needed hemming. As a bonus, Macy's chocolate display convinced him to buy a boxed special for us. And, most unexpected, not all the money was spent.

"Where's the turtle?", I asked. "We bought him. They put him in a big box. We carried him around the shopping center for a while. Then we didn't know if they'd let it on the bus, so I took the sales slip and returned him. They were very nice."

So, if you are still planning your holiday gift list, you might consider giving money or, possibly, a turtle.

Carmel Valley

HAIR CENTER

a full service salon...

invites you to try our new

WOLFF TANNING SYSTEM

Special Introductory Prices

We have gift certificates available

$6 per session or 6 sessions for	$30.00
unlimited use for 1 month	$50.00
unlimited use for 3 months	$100.00
unlimited use for 6 months	$180.00
unlimited use for 1 year	$300.00

Open 7 days a week & Wed.-Sat. eves.

We carry all major product lines including **Nexxus, KMS, Lanza, Sebastian, Redken, Mastey & Focus 21.**

Call Jodi, Sheryl Gretchen or Susie

Robin Boehlje, proprietor 659-3047

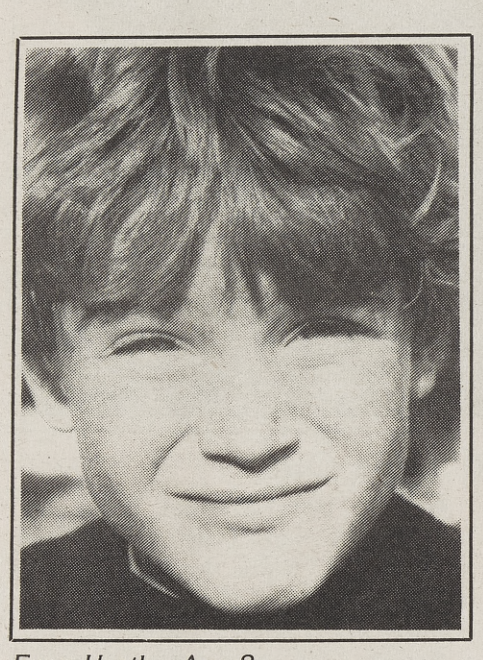
7 Delfino Place, Carmel Valley Village

Wrap up the sun this Christmas

VALLEY VOICES

Photos by Debi Effron.

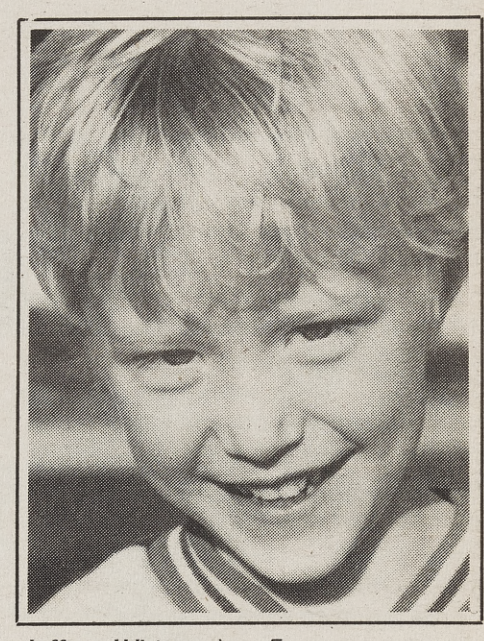
What do you think Santa Claus does during the year?



Evan Heath—Age 8
"Makes toys and gets organized annd takes care of his reindeers."

Jade Davis—Age 5
"I think he gets all the toys out for the kids to see if they're good enough to get them."

Lorna McDaniel—Age 6½
"Gets presents ready and paints them and goes to the store to get batteries."



Jeffery White—Age 5
"He makes presents and feeds the deers."

TRADING POST

SERVICES

Judy Rowley's Home Animal Care visiting pet care while you're away. 659-4609.

Furniture refinishing & repairing, antiques & modern, complete restoration, kitchen cabinets. Pick-up & delivery. Star Refinishing Co. 1-Delfino Rd. C.V. Village 659-3019.

SITUATIONS WANTED

Prof. landscape gardner & designer 10 yrs exp on peninsula seeking caretaking position. Exp w/livestock (horses especially) Resp. non-smoking excl. ref. 375-4401.

Needed. Caretaking position. Valley/ranch situation. 2 children, 2 dogs, 2 horses. Employed single father. 659-5586.

PERSONALS

I am an intelligent, independent, honest 33 yr-old woman who is physically disabled, who is looking for male companionship. If you are interested, please write to me: CS, c/o CV Sun, PO Box 744, CV 93924.

HELP WANTED

Drawing and design teacher for elem. art enrichment class in CV Village. To begin Jan. 20. Part time after noons. Call 659-3983 for info. or leave message by Dec. 20.

BUSINESS OPPORTUNITY

Own your own bus. Get in on the fast growing bus. of tanning & toning bodies. For more info call 408-663-2964 or toll free 1-800-523-7435.

Classified Advertising

Ads run $1 per line

The CHATTERBOX

for the talk of the town

- Lunch
- Salad Bar

Hours
Open Mon.-Fri., 6 a.m.-3 p.m.
Sat., 7 a.m.-3 p.m.
Sun., 7 a.m.-2 p.m.
your hosts Phil & Francis Wright

New Location
Carmel Valley Village Center
(behind Will's Fargo)

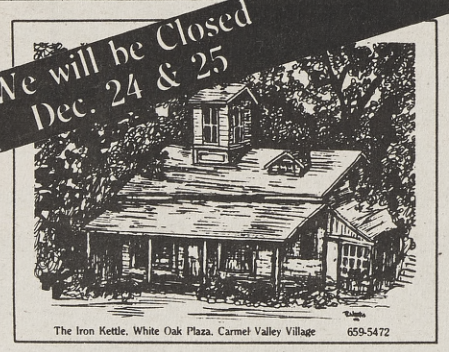
Shelly's Kitchen
EST. 1975
Serving American, Italian, Oriental & Jewish Cuisine

Did you know?

* We are the oldest, local **non-smoking** restaurant
* Whenever possible we use our **homegrown** produce & eggs
* Our **from-scratch** recipes are created by Shelly
* We are cosy & quaint—a **home-like** atmosphere.
* We have **new menus & new hours**

LUNCH: Mon-Fri 11:30-2:00 DINNER: Thur-Fri 5:30-8:30

13 W. Carmel Valley Rd., Carmel Valley Village
659-2792, 659-3601 Reservations Advised



IRON KETTLE
Homestyle Lunches
Tues.-Sat. 11-3
Devonshire Tea Tues.-Sat. 2:30-5
Dinner Wed.-Sat. 5-8:30
Champagne Brunch
Sun. 10-2
659-5472 Reservations
Also Available for Private Parties
White Oak Plaza, Carmel Valley Village

Holiday Special
Traditional Plum Pudding with Hard Sauce

DINNER IS SERVED

Including Fresh Vegetable Basket with Creamy Dill Dip, Soup of the Day and Tea or Coffee.

We want to take this opportunity to wish our valued customers a Merry Christmas and a Prosperous New Year!

Wed.	Thur.	Fri.	Sat.	Sun.	Tue.
11 Australian Style Steak & Kidney Pie with Green Beans Julienne	12 Farfalle Leonardo (Egg Noodles in Rich Tomato Sauce) Green Salad & Garlic Bread	13 Skewered Chicken with Fresh Sage Steamed Rice & Broccoli Spears	14 Pork Fillet with Plum Sauce Egg Noodles & Green Peas	15 Champagne Brunch 10-2	17 Lunch 11-3 Tea 2:30-5 Closed Dinner
18 Herbed Shanks of Lamb or Veal Boiled Potatoes & Pearl Onions	19 Fully Booked	20 Chicken Tamale Pie	21 Baked Ham Scalloped Potatoes au Gratin & Glazed Carrots	22 Champagne Brunch 10-2	24 Closed

*Tossed Salad Substituted for Vegetable Basket

Beer & Wine Available